

Trainingsplan EVD-Jungfuechse Januar 2021 Stand : 18.01.21

Datum	TW	U 7-10 9 Lichtschabe On Ice 120 min 2 x 75 min	U 11 9 On Ice 180 min 2 x 75 min	U 11 On Ice 180 min 2 x 75 min	U 13 On Ice 4 Std Off Ice 2 Std	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 2,5 Std	U 30 SHL On Ice 6 Std Off Ice 3 Std
53	FR 1							
	Sa 2						Home Trainingsplan 75 min	Home Trainingsplan 75 min
	So 3							
1	Mo 4		Zoom Teamevent 17:00 - 18:00 Zoom Training 18:15 - 19:15	Zoom Teamevent 15:00 - 16:30 Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di 5	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15			Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi 6		Zoom Training 17:00 - 18:00		Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do 7		Zoom Teamevent 17:00 - 18:00 Zoom Training 18:15 - 19:15	Zoom Teamevent 15:00 - 16:30 Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr 8						Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Sa 9							
	So 10		Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
2	Mo 11		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di 12	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15			Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi 13		Zoom Training 17:00 - 18:00		Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do 14		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr 15						Teamevent 19:45 Handstand Challenge	Teamevent 19:45 Handstand Challenge
	Sa 16							
	So 17		Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
3	Mo 18		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di 19	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15			Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi 20		Zoom Training 17:00 - 18:00		Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do 21		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr 22				Teamevent 18:00 Exit Game	Teamevent 18:00 Exit Game	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Sa 23							
	So 24		Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
4	Mo 25		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di 26	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15			Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi 27		Zoom Training 17:00 - 18:00		Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do 28		Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr 29						Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Sa 30							
	So 31		Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				